

# ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

## JULY 2010

**Erin R. Graziani – Director**  
**Jean Baseel – Assistant**

**Ellington Senior Center**  
**16 Church Street – P.O. Box 187**  
**Ellington, CT 06029**

**Receptionist** – MaryAnne Mandell,  
Carole Quarrington

**TELEPHONE NUMBER**  
**(860) 870 – 3133**

**Transportation Program Secretaries:**  
Florence Brennan, Susan Shepard

**TRANSPORTATION**  
**(860) 870 – 3137**

**Van Drivers:** Peggy Anderson, Mike Joslin  
& Kathy Sherokow

**To Access The Town Crier News &  
Calendar On The Town's Website:**

[www.ellington-ct.gov](http://www.ellington-ct.gov)

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

### **Senior Center Hours:**

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

*Happy summer! The Ellington Senior Center's new van will be arriving this month. As you know, we have waited a long time. The Senior Center was successful in obtaining a ConnDOT Grant.*

*Many of our programs have taken a summer hiatus and will resume within the fall time frame (i.e., Better Age Club, Musical Insights, and Ballroom Dancing/Line Dancing). However, look at the calendar for the designated time Wii games are played at the Senior Center. We are looking for someone to spearhead our Wii Program. One or two people interested? Come see me. Movie Time is another program offered on a monthly basis. Our building has central air-conditioning to keep us cool during the summer months. On July 8<sup>th</sup> we will be acknowledging Carolyn Cook, Dot Enes, and Bernie Tellier for their years of service. Dot and Carolyn were our Trip Coordinators for 13 years. Bernie has helped them for the past 6 years. Come join us for cake and punch as we show our appreciation. \*Mark your calendars for July 22, 2010 for a fun... day. Cookout at 12:00 pm with a video presentation of, "Young At Heart", a renowned musical program featuring performers 60 years and older. Note: You will notice our Ellington Singer/Memory plaques are now being showcased in the glass cabinet of the main room.*

*Would you be interested in serving on a committee that will make recommendations to Town officials on a new senior center and senior housing? If so, become a part of a steering committee to be formed in the fall. You will have to fill out and complete a Statement of Interest Form. Become a creative problem-solver, energetic and enthusiastic team member. Become a part of the process. More information will be coming your way.*

*Erin*

**ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**  
**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131**

### **TRIAD SENIOR SAFETY NEWS**

#### **STAND DOWN DAY 2010 FOR VETERANS**

Once again the Human Services office will be collecting items for needy veterans to be distributed at the CT Veterans Home in Rocky Hill for the annual “Stand Down Day” event to be held in the month of September. **Donations are needed by 8/30/10**

#### **Requested Donation of These (NEW/ UNUSED) Items Are:**

Shaving cream, disposable razors, toothpaste, toothbrushes, shampoo, soap, sunscreen, lip balm, sewing kit, combs, hairbrush, antibiotic cream, wash cloths, flashlights with batteries, “travel” alarm clocks, wrist watches, notebooks, pens, pencils, water bottles, and shower shoes.

Also requested are \$20.00 gift certificates to Walmart, K-Mart, or Target stores

Any questions—please contact Anna Turner 860-870-3131.

#### **Important Recall Notice: Hoover Vacuum**

The Hoover Wind tunnel T-series bagless upright vacuum cleaner with cord rewind feature has been recalled because of fire and shock hazards. For more info contact Hoover at 888-891-2054 for a free repair.

#### **TRIAD reminder....**

At our June 3 annual program, Commissioner Farrell from the State of CT Department of Consumer Protection advised folks on the proper way to discard unused medications: leave the medication in its original container and peel off the label or put medications in a plastic container; next mix it with mustard, ketchup, cat litter, or a pungent spice and seal the container. Wrap this up with duct tape or packing tape, and discard this in your regular trash. Most household trash is now incinerated and so the medications will not be absorbed into the earth or our ground water supply.

### **Ellington Senior Center**

**Help Wanted:** Looking for a person to “Volunteer” to head up Wii games currently played at the Senior Center (1x per month). Responsible for setting up equipment (will train), play, and help assist all those interested in playing this fun game everyone wanted us to have. Please see Erin if you are interested.

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### **ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)**

(EMAT) is a transportation service for non-emergency medical appointments for Ellington residents. The program is funded, in part, by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMAT appointments are offered Monday – Friday between the hours of 9:00 am – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. \*\$2.00 donation fee suggested per each trip.

### **VAN TRANSPORTATION**

Regular van service includes rides to the Senior Center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation “packet” by calling the Transportation Line at 860-870 – 3137 between the hours of 9:00 am – 1:00 pm. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*** \* \$25.00 is suggested as an annual donation for transportation.

**ANGEL FOOD MINISTRIES** – Angel Food Ministries is a program run by the Cornerstone Kitchen in Rockville, CT. Joanne Fournier is working in conjunction with Erin Graziani in the ordering of these single serving frozen meals. Individuals pick their orders up 1x per month. Contact Erin Graziani at the Senior Center for further information pertaining to this program.

**BALLROOM & POLKA SOCIAL** – Ballroom dance is taught Fridays at 1:00 pm; Polka follows at 2:30 pm. Dance classes will resume after the Columbus Day weekend in October with a beginner class, followed with a regular Ballroom class from 1 pm - 2:30 pm. A fun class will be held from 2:30 pm - 3:00 pm. *This will be further explained in the September Newsletter.*

**BETTER AGE CLUB** - Held the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at 1pm; **Better Age Club is on summer hiatus and will resume in September.**

**BOCCE BALL**- is played at Snipsic Village every Tuesday morning during the summer months at 10:30 am.

**CARDS AND GAMES:**

<b>Bocce Ball:</b>	Tuesdays at 10:30 am. See Libby McCarthy.
<b>Bridge:</b>	Tuesdays at 9:00 am. See Pat Szemplinski or Rosemary Malatesta.
<b>Canasta – “King’s Row”:</b>	Join Barbara Donohue and friends Thursdays at 1:00 pm.
<b>Dominos:</b>	First Tuesday of the month at 1:00 pm.; come join the fun!
<b>Evening Cards: (Setback):</b>	Tuesdays and Saturdays at 7:00 pm. See Bob Karlowicz or Carl Larson.
<b>Mahjongg:</b>	Every Friday at 10:00 am. See Barbara Donohue.
<b>Movie Time:</b>	Last Tuesday of the month 1:00 pm. Main room of the Senior Center.
<b>Shuffleboard:</b>	Wednesdays at 2:00 pm. Main room of the Senior Center.
<b>Wii Games:</b>	Last Wednesday of the month 12:00 pm. Main room of the Senior Center.

**GARDEN THYME:** Garden Thyme is in bloom and meets every Monday at 9 am at the Senior Center. Under the guidance of our Master Gardener, Marilyn Shirley, they tend to our beautiful flower and vegetable gardens.

**LINE DANCING:** Beginners Line Dancing is held Monday afternoons at 1 pm. Regular Line Dancing is held Monday afternoons from 1:30 pm – 2:45 pm.

**Line Dancing is on hiatus and will resume the Monday after Columbus Day weekend 10/18/10 at 1:00pm.**

**LUAU PARTY-** Wednesday, August 25, 2010; 4:30 pm – 8:30 pm. Come join in the fun. We will be offering hamburgers, hot dogs, salads et. al. Cost of event is \$8.00. Rain date will be August 26, 2010. A sign-up sheet is available.

### **HEALTH & WELLNESS NEWS:**

**Blood Pressure Clinics & Diabetic Screenings** – Blood Pressure clinic and Diabetic screenings are held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 1:30 pm. – 3:00 pm. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

**Exercise Class** – Exercise class is held every Monday from 9:00 am – 10:00 am. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

**Podiatry Clinic** – Held at the Senior Center the first Wednesday of every month at 9:00 am. \*Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, July 7, 2010.

**\* Call Rita directly to schedule your appointment.** She can be reached at (860-742-1102). The Senior Center does not schedule these appointments. Van service is available.

**Tai Chi Classes** – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 am – 11:30 am (beginner's class); and 11:30 am – 12:30 pm (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

**MEMORIES & CREATIVE WRITING** – is held in the main room of the Senior Center every third Thursday of the month at 1pm. **There is no July meeting date. Memories & Creative Writing will meet next on 8/19/10 at 1 pm.**

**MUSICAL INSIGHTS:** Musical Insights meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday evening of the month from 6:00 pm – 8:00 pm at the Ellington Senior Center. **Musical Insights is on summer vacation and will resume their musical programs in September.**

**MOVIE TIME:** What a wonderful way to spend an afternoon. Movie Time is held the last Tuesday of the month at 1 pm. Barbara Donohue & Carole Quarrington graciously head this program for us. Feel free to bring a bag lunch with you. We will supply the popcorn and beverage. July's movie is "Yankee Doodle Dandee" Come join us!

**OUT TO LUNCH:** “Out To Lunch” is held the first Tuesday of the month at 1 pm. Come join us as we frequent local restaurants in the area. Sign-up is required. Van service is available.

**July 6, 2010:** Vernon Dinner, Vernon, CT

**August 3, 2010:** Sophia’s Restaurant, East Windsor, CT

**JULY PROGRAMS:**

**(All programs require a sign-up. Call the Senior Center at (860) 870-3133)**

**ENERGY BINGO** – Tuesday, July 20, 2010 2:00 pm. Sponsored by CL&P. Ana Alfano will come to the Ellington Senior Center to present an Energy Bingo/Consumer Education Program. Sign-up is required.

**PARKINSON SUPPORT GROUP** – Meets at the Ellington Senior Center the 3<sup>rd</sup> Friday of every month at 10 am. Join us for support, conversation, education and refreshments! For more information contact Anna Turner at 860-870-3131. July’s meeting will take place on Friday, July 16, 2010.

**SEW & SO/CRAFTS:** Meets every Thursday morning at 9:30 am in the main room of the Senior Center.

**SHUFFLE BOARD:** Every Wednesday at 2 pm. Shuffleboard is played in the main room of the Senior Center. Van service is available. Come join the fun!

**TRIPS:**

July 7, 2010

We will be traveling to Theater by the Sea located in Matunuck, RI for a theater production of Hello Dolly. This trip includes a sit down lunch at Bistro by the Sea Restaurant which is located on the grounds of the theater. After lunch, enjoy the quaintness of the beautiful scenery before you proceed to the 2 pm theater performance of Hello Dolly. Cost of this trip is \$92.00 per person. This includes round trip transportation, sit down lunch and the Hello Dolly performance. All taxes and gratuities are included. **The deadline for this trip was 6/16/10.**

September 12, 2010 Lights on Narragansett Bay. Sunday, September 12, 2010. The day begins with lunch at the elegant Quonset Officers Club in North Kingstown, RI. Lunch choices are baked Scrod or Chicken Cutlet and is served with a tossed salad, potato, vegetable, dessert and coffee. (Please make a lunch choice with reservation). Following lunch we’ll take a short ride aboard the Millennium Ferry and enjoy a narrated sightseeing cruise of Narragansett Bay’s lighthouses and Newport Harbor. This cruise is on a luxurious catamaran. We’ll end the day at historic Wickford Village. Wickford Village provides waterfront streets lined with one-of-a-kind shops. Cost of this trip is \$71.00. Tour includes round trip transportation, lighthouse cruise, lunch at Quonset Officers Club, and shopping at Wickford Village. Driver gratuities are not included. Post Road Tours will pick up at the Vernon Commuter Parking lot by Tri-City Plaza at 9:15 am. Sign-up at the Ellington Senior Center

**VETERAN CONTACTS:**

**VFW** – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 860-875-2613.

**AMERICAN LEGION** – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287.

**VETERAN'S AFFAIRS** – State Representative – Ted C. Graziani at 860-240-8531

Compliments of Libby McCarthy: As written by General Douglas MacArthur (1880-1964)

*Nobody grows old by merely living a number of years,  
People grow old by deserting their ideals,  
You are as young as your faith,  
As old as your doubt,  
As young as your self-confidence  
As old as your fear,  
As young as your hope,  
As old as your despair.*



*We hope you are enjoying your summer!*